

Retiens La Nuit

COPPERKNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: Beginner Rumba style
编舞者: David Linger (FR) - December 2017
音乐: Retiens la nuit - Johnny Hallyday : (Album: Triple Best Of Johnny, CD 1, track 1)



Start of dance : after 2x8 counts, on the 2nd syllable of the word « Retiens » at 8 seconds...

Rumba Box

1 – 2 Step Lf on left side, step Rf close to Lf
3 – 4 Step Lf forward, hold
5 – 6 Step Rf on right side, step Lf close to Rf
7 – 8 Step Rf back, hold

Back Mambo, Hold, Step ½ Turn, Step Forward, Hold

1 – 2 Step Lf (rock) back, recover on Rf
3 – 4 Step Lf forward, hold
5 – 6 Step Rf forward, ½ turn left (6:00) and weight on Lf
7 – 8 Step Rf forward, hold

Step-Lock-Step, Hold, Step ¼ Turn Left, Cross, Hold

1 – 2 Step Lf forward, step Rf (lock) behind Lf
3 – 4 Step Lf forward, hold
5 – 6 Step Rf forward, ¼ turn left (3:00) and weight on Lf
7 – 8 Step Rf cross over Lf, hold

Side L Mambo, Hold, Side R Mambo, Hold

1 – 2 Step Lf (rock) on left side, recover on Rf
3 – 4 Step Lf close to Rf, hold
5 – 6 Step Rf (rock) on right side, recover on Lf
7 – 8 Step Rf close to Lf, hold

BE COOL, SMILE & HAVE FUN !!!

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In memory of Johnny Hallyday « The French King », who passed away on 2017 - December, 6th - RIP -

Last Update - 19th Dec. 2017